

BERNARD P. CARVALHO, JR.
Mayor



NADINE K. NAKAMURA
Managing Director

COUNTY OF KAUAI

DEPARTMENT OF PARKS & RECREATION

News Release

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LENNY RAPOZO, DIRECTOR
Tel (808) 241-4460
Fax (808) 241-5126

Tai Chi for Arthritis classes offered at Kapa'a, Kōloa centers

LĪHUE – County officials announced that starting next week the Tai Chi for Arthritis program will be offered at the Kapa'a and Kōloa neighborhood centers.

The classes will be held as follows:

- Kapa'a – Mondays, 11 a.m. to 12 p.m. and Fridays, 10:30 to 11:30 a.m.
- Kōloa – Tuesdays and Thursdays, 9:30 to 10:30 a.m.

The Tai Chi for Arthritis program is designed to improve strength, balance and flexibility, and reduce pain and falls. The movements are gentle and flowing and easy for anyone to do.

To sign up for the Kapa'a classes, please contact Deborah at 651-4534. To register for the Kōloa classes, please call Sandra at 742-1313.

If you need an ASL interpreter, materials in an alternate format, or other auxiliary aid support, please contact the Department of Parks and Recreation at 241-4460 before the program begins.